

Episode 157-- Service Never Stops Veterans Preventing Gun Su...

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SPEAKERS

Charles Taiwah, Sean McDaniel, Kelly Sampson, Chris Jachimiec, Shay DeBarr, Ted Bonar, JJ Janflone



JJ Janflone 00:08

This is the legal disclaimer where I tell you that the views thoughts and opinions shared in this podcast belong solely to our guests and hosts and not necessarily Brady or Brady's affiliates. Please note, this podcast contains discussions of violence that some people may find disturbing. It's okay, we find it disturbing too. Hey everybody. Thanks so much for joining us today. In this extra special episode. which reloon Brady recorded live with some amazing guests, Charles Tawiah, Christian Jachimiec, Sean McDaniel, Shay DeBarr and Dr. Ted Bonar. Charles is a Navy veteran. Chris is an Air Force veteran. Sean is an Army veteran. And Shay is a Marine Corps veteran. And Ted frequent guest of the pod is of course a clinical psychologist and the director of End family fire at Brady, who has also spent much of his professional career working with veteran communities. And I Well, I'm just JJ, your host. Luckily, we all join together to discuss End family fire's newest Campaign Service never stops, which featured a number of amazing veterans who filmed public service announcements directly targeting the veteran community as more than two thirds of veteran suicides involve a gun, talking about veterans relationships to their firearms, their views on safe storage, and how we can keep ourselves and those we lov,e safe is absolutely essential. Hi Ted, welcome back!



Ted Bonar 01:38

Hi there, JJ,



JJ Janflone 01:40

Well, and I think what the best thing we could do is just immediately hop into this, you know, I would love to hear from our amazing veteran panelists, you know, what made you decide to participate in End family fire's suicide prevention campaign. Maybe we could start with with you, Charles, I'll put you on the spot.



Charles Taiwah 01:57

For me personally, to jump in and get behind this issue, it just makes you feel proud, you know, to be a voice to be able to be heard and relate it to you know, for fellow veterans or others out there that can relate to myself, I'm a gun owner, veteran, you know, I don't go actively to the range every day, every other day, which is wanting to just still speak to that population that might be like myself, and still own a firearm, and be that voice for them, and hopefully, then be able to channel their feelings and their ideas and my thoughts into it, just kind of say, hey, you know, I like where that guy is coming from I can relate to him. Because I feel like in order to really pinpoint an issue, you've got to relate to those that, you know, are part of that issue, but might feel forgotten about. And like, because a lot of issues sometimes get spoken on, and a lot of maybe different populations, or communities or different types of people get missed. And they feel like oh, well, that doesn't have anything to do with me. So I'm not worried about it. So for me to get behind that, like I said, gives me a sense of pride. And you know, happy to be here.



JJ Janflone 02:57

Sean, how about yourself?



Sean McDaniel 02:59

Kind of back on that Charles, you know, the, the aspect of the service never stops. And, you know, I feel like it's my duty, this is something that is a national crisis, that, quite frankly, we're just not speaking candidly enough about, you know, as you know, we have the numbers less than 1% serving the military, but that's still a lot of people. And that's that's a lot of missed opportunities for us to really talk about something that's this, this serious. So, you know, I jumped at the opportunity to definitely, hopefully be a leader one day in this conversation and start to change the tide.



JJ Janflone 03:35

And you Chris?



Chris Jachimiec 03:36

You know, and I have to agree with Sean, out there, it's like it's a very sensitive and volatile discussion out there, especially around the Second Amendment and firearms the right you know, during during my deployments, the several that I went on is that firearm is a part of you, you know, it's a part of your life it is there. It's in your locker, like you panic when you're missing it. When you go to the bathroom, you're like, oh, my gosh, where did it go? I took a you know, I took it off for a little bit. So it's just it's educating everybody on the understanding of like, what a firearm means to a veteran what a firearm means to a combat veteran, what a firearm means to anybody who has served in the military. And even our brothers and sisters that are out there. Like, how do you do this safely at home is, you know, you don't have to be worried about somebody coming into your home every single day and like assaulting you like we're not in that environment anymore. Your home is your safe space. So let's let's turn that weapon into your trusted armor, whether it be your firearm safe, whether it be the other locking mechanisms that's there. So it's a treat that like you would you know, in Garrison or wherever you need it to safely store that for when it needs to be used appropriately as a tool.



JJ Janflone 04:41

Well, and last but not least, Shay.

S

Shay DeBarr 04:43

I am still shocked that this all transpired the way it did I would have never thought that Ted or whoever was in charge would have picked me. I'm like, Yeah, I'm probably the least interesting of your veterans but it was it, once I read up on what Brady United does whatever Family fire this What's your mission? And what's what you're trying to get out there. I agree with the others that it was something that shocked me, I didn't know the numbers were that high. And I guess you don't know what you don't know. And then when I started to look at other podcasts or look into the numbers for just female veterans alone, that were dying by suicide with an actual gun, I was blown away. So it was it became something that interested me and I was privileged and still am, and humbled to be a part of it. So that's what made me I didn't know about this before you hear about it, but I didn't know anyone close to me that had died in that way. But then when you start speaking about that, it's veterans, it just blew my mind the numbers that were that high. And if anything, if we could, if I felt like if I was part of this public service announcement, and it can help save one person, you never know what that one person could go on to do after. So it was just important to be a part of it and glad to be able to do so.



JJ Janflone 05:56

If you're comfortable. I would I would love if a few of you could share what it was like to film these PSAs as well.

C

Chris Jachimiec 06:03

I'll be honest, it was actually pretty difficult. My filming came a couple days after we learned the news in Afghanistan. So I had reached out to the staff there saying, hey, right now- because there were some due outs for the PSA they were like, Hey, you want to handle your firearm, now? Can you see pictures of where you store it at? I'm like no, not right now. I was like my headspace is not right there with with what's going on. It's like, it needs to remain in the safe. And I guess that was probably the most difficult thing for me to say is like admitting that like, Yeah, I'm a part of this. But this isn't very safe right now for it for me to do this. Because of the heavy emotions, I was feeling around that. And we found workarounds, and we made it happen. So that was very difficult for me.



JJ Janflone 06:50

Thank you for sharing that though. Because I think that's incredibly powerful too like the the awareness that then you would have to have for yourself too. To like know what's safe for you and what's not, I think is huge.

T

Ted Bonar 07:02

You know, in addition to thanking you, Chris, and letting you know how much I appreciate you and that it's really, I think it's important to recognize this is real life, this is happening right now the importance of safe storage, this is not something that any of us take lightly. It's nice that we can get together and have

storage, this is not something that any of us, take lightly. It's nice that we can get together and have smiles and talk about this and even sound casual about it. But Chris's story, what he just shared with us might be the most important story of the day, and that you're willing to share that with us. I think that that helps people. And I think that that can help people that are watching, I'll be forever grateful for it. It's really what this program is about. And that ain't about the program. It's about the importance of staying safe. And I just appreciate you so much for that



JJ Janflone 07:54

Well and sort of to that end, Ted, you know, why, why does this message need to come from Vets, right? Why, why is it so important that folks like our great panelists here, you know that they're the credible messengers in this space.



Ted Bonar 08:09

I learned a long time ago, I worked in the VA, a long time ago for a very short period of time, as a trainee to learn how to be a therapist. And one of the things that one of the first things I learned or had to learn how to manage was the question, well, you're not a veteran, how do you know what I went through? Right? And so there was a, it became very clear very early on that there's a distance between me and people that are from the culture. So when it comes to talking about safe storage of firearms, it's such an important topic. And it's such a delicate topic, sometimes, we really want to find a way to kind of bridge that cultural divide, and not have that barrier there. Right? So the fewer barriers we have to send the message of safe storage of firearms as a method of suicide prevention, the fewer barriers, the better. So it's kind of and we actually know this from research as well that veterans and and everybody, if we're talking about guns, one of the most legitimized and respected points of view and voices about firearms, are out veterans, our law enforcement officers, but veterans and military by far at the front of the pack. So you know, there really is no question about the need to have these folks spread the message and with that I want to ask another question because I, I heard a question in one of Chris's comments and then I want to follow up on in and I think it's also in Shay's PSA. So Chris talked about how important it was to have a firearm when you're deployed. Right? That it's part of you. And Shay, in che in your PSA, you talk about how "aviation was your soul, but artillery became your heart." Do I have that? Right?



Shay DeBarr 10:12

Yes.



Ted Bonar 10:12

So aviation was your soul and artillery became your heart. It goes to, to me it goes to this idea of, there's a special, there's a unique relationship between veterans and firearms. And I would love to hear you all talk about that. I think it's something that can be missing in the conversation about suicide prevention, gun violence prevention. And I don't know that we can get to a conversation about safe storage, unless we talk about the deep relationship you have with the firearm, because it can't be all or nothing. There's something more in the conversation than that. I would love to hear from each of you about the relationship you have with firearms so that we can better understand how to talk about safe storage.

S

Shay DeBarr 10:58

For me, and I don't know as much as you know like Chris or Charles. And you're various other services. But I know in the Marine Corps, you know, your M 16. When you go to boot camp, that's your becomes your best friend. Like Chris was saying, you go to the bathroom with it, you sleep with it, you do everything with it, they make you name it. Fortunately for me, I was a country girl, I grew up, my dad had guns, rifles, we watched westerns, you know, I wanted to be rifle man. So I was never afraid, you know, to shoot cans in the backyard. That's just what we did in Virginia. And it was fun. I never was afraid of the weapon. When I got to boot camp, and I met people from all over, it was, I don't want to say shocking, but it was a different experience to be around people that had never been around the firearm, a gun, anything. So I knew for us in the Marines, they taught you, you have so many weeks of prepping you with gun safety rules, how to handle a weapon safely, you know, never put your finger on a trigger until you intend to fire stuff that I found, I thought was common sense. But the military, the Marine Corps really trained you to think about it before you do it. And they taught you all the safety precautions to follow while handling a weapon more so a gun. And so getting throughout the 20 years and going to Iraq and all that, like Chris said it's part of you, you almost you will feel naked when you come back and you don't have it and having friends that didn't own guns or and civilian friends as well. Maybe I have men, but their wives, you know, they don't have guns. And so it became something the more that the more guns I started to collect over my time. It became important when you have friends to bring their kids over, you know, and it's important that they know you have them, but they're in a place that my kids can't access them. So but it is an important part that I never really considered. Until like I said, and I want to preface this too. I said in the PSA, you know, having kids, I didn't have any by birth, I inherited them by marriage. So I don't want my friends checking this out, like she never had kids. What is she talking about? She inherited them. They were teenagers. Yes. Which was more important. You can't have teenage boys around your house, you got you know your Mossberg right there in the corner. That's when it became a moment for me to say, Yeah, that might not be a smart idea to keep the nine milli in your draware to your nightstand because you leave the house, you don't know who has access to it. So that's my little spiel.

T

Ted Bonar 13:29

I especially like hearing, I don't know if I like hearing it. But I think it's really interesting to hear, you know, when you left the service, and what it's like to, you know, feel naked without the firearm and what that means in terms of why veterans own firearms at a higher rate than non veterans and why veterans therefore use and you have a different experience with firearms than so many people. So I'd still like to hear some other folks talk about that.

C

Chris Jachimiec 13:57

Yeah, I think the whole word that sums this entire thing up is trust. As soon as as soon as you go through whatever your boot camp is, no matter what branch of service you and your vaulted into your military career. It's not only do you trust that weapon, but your branch of service trusts you with that is to utilize that tool to either defend yourself, defend your brothers and sisters or defense resources at any cost. And so you have to build this trust up you trust a weapon work for you when you need it the most. And then therefore you have to have the trust to be able to follow the rules and regulations is as Shay said, it's like the first rule they teach you is you know, don't aim your weapon unless you intend you know, to harm something with it. That is ingrained on you the first time you handle it before you even walk into the range of fire it is through the formal training and everything there. So that that comes over. So here I was at the beginning of my Air Force career working on security forces, basically a lot of law enforcement for those listening out there. And I wasn't, you know, 19 years old, entrusted with protecting civilians. sensitive

resources as a 19 year old, I would go into the you know, duty every day, walk up to the armor, the armor row would hand me a weapon, go to the clearing barrel, make sure it was safe and clear, received my loadout for the day and then went out on post. Here I was, you know, young 19 year old and that's what I was interested to do every day. And then it got progressively larger there from your crew served weapons to your grenade launchers and everything, you were trusted with some pretty heavy tools to do a job for the nation. And it came down to trust, it really came and that's what has guided me the entire time. It's like, okay, when it's not being used as a tool is where did I trust it to be stored at? Safely with the armor with it's locked safe in the position in there and stored away until had to be used the next time. So that really ingrained my mentality there at home. And then now, you know, future throughout my career, unfortunately, I you know, experienced some some gun suicides during my role as a First Sergeant and even, you know, outside of their lives in the military and became more important. You know, here's what we can say for the family role is, you know, kids are smart these days, they're, you know, they're gonna figure out your iPhone password, they're going to figure out your computer password, they're going to figure it out. Like you have to put these barriers in place to not only protect your family from unintended uses, and the curiosity of anybody that may be out there to seek this in my veteran brothers and sisters that are out there. It's like, you know, maybe when you're struggling a little bit that that it doesn't have to be a tool for a time being go in and get the maintenance done on your head that you need to do is find that trusted person that you can provide your firearm to whether it's a family member, whether it's, you know, a battle buddy that you may have served with is if you don't feel like you can trust yourself with that device, find somebody that you can trust it with.

S

Sean McDaniel 16:53

Yeah, I'll just jump in. I have very similar story to Shay, you know, ever since I was a kid, I remember my grandfather teaching me about the safety of weapons and firearms. And one of the firearms I owned was my great uncle's that was issued to him during World War One. It's a Colt 451911 It's awesome, you know, but I keep it stored. Before I even joined the army, I saw my buddies come back from Iraq during the height of the surge. And quite often the first thing they would do when they were struggling before I truly understood the massive scope of of suicide rates and safe storage, like they would just go and just to have a gun in their hand. Sometimes that was enough to calm them down. But that's not the right tool to calm them down. So getting away from that conversation, or, you know, those those quick remedies to ease the situation, I for myself didn't realize how much I missed shooting and owning a gun. You know, the first time I went and shot a gun after getting out of the Army I was like, even just the smell of gunpowder, you know, it's it's exciting, you know, it's fun, brought me back to those things. But similarly as Shay and Chris talked about, the military community has a lot of family involvement in it. It's a very high point, a high stress point that we are a community and we can trust each other people were always over at everybody else's house constantly, always growing up with children moving around, no matter where you go throughout the country, you probably know somebody there. So you know, really hammering that, you know, you can walk into that home, and that is going to be a safe situation. You know, it only enhances everybody's safety.



JJ Janflone 18:40

Charles, I'm curious about that for you, too. Because I know you grew up in a military family as well. Right?

C

Charles Taiwah 18:44

Right. But then just hearing the other stories of the other three, mine is definitely different, especially, you know, my experience, just growing up, and my dad, active duty Navy 26 plus years and just firearms,

we're never, you know, really that we never had, I guess you could call it an intimate relationship with firearms. I never grew up around them. I was exposed here and there, but minimally, but I think where the sense of protection, you know, comes from me with the firearm is just a just understanding, you know, I'm on board a navy vessels ship, and I understand that that's a part of our protection, that's a part of what keeps us safe. Just knowing that and just being out there on different bodies of the water around the world, you just know, you start to really get into your thoughts and thinking, you know, when when crap hit the fan, like what's going to protect me, you know, I'm out here. And you think a lot because we spend a lot of days out on that water and all you see is blue stretched for miles and miles and miles. So you find these different areas of your brain to just kind of occupy the time and you begin to think I mean, we traveled through, I'm sure some of you are aware, it's called the Suez Canal. So when you travel through the Suez, it's very tight. I want to call a body of water, a little river that you know, a big aircraft carrier can squeeze its way through in order to get us from one part of the world to another in a faster amount of time, but being able to physically see within 100 feet or less you know, armed personnel from those other countries, you know, it's, but then looking to my left and right and seeing our 50 cal's and seeing our men, you know, suited up and ready to protect us, that's where my relationship and the intimacy behind the protection like comes from. Just because just knowing that that's, you know, I'm out here to serve, I'm out to protect, and that's what's going to protect me when it all comes down to it. So where that translates into me, you know, purchasing a firearm, and, you know, becoming a veteran, or I purchased a firearm, you know, before leaving the service, but that's in home, you know, I felt like on being on a ship or being on my, you know, my aircraft carrier, my home, I needed to be able to protect my family, protect my loved ones like that, that to me was how I protect us. And then in the same way that, you know, Chris, Sean, and Shay, were all speaking of, you know, being able to turn your firearm over to someone after being you know, after you're done using it and whatnot, I guess to me, it's the same same way I would see, you know, our military policeman handing that service firearm in will be for myself to also participate in the same, you know, rules and regs of locking it up myself. So, that's where I connect the dots, that's where my relationships with, you know, the firearms come into play as far as owning it, understanding the magnitude of what it's used for, but then also how to turn it in or lock it away, so that it can be safely stored. So it's cool to hear the different, you know, stories and how, you know, firearms really ingrained in your life. For me, I'm kind of like, wow, you know, I'm not, I'm not that cool. You know, I don't shoot guns every other day, but I understand it. And I still get that sense of how violent that weapon or that item can be just understanding how it translates to, you know, human life and how it can be used, but how it needs to be used properly. So that's my piece.

T

Ted Bonar 21:47

So what I'm interested in is this next step, you come out, and there's a transition. Right? You're all veterans now. And there's a transition. And Chris, early on, in your introduction, you talked about how your home is a safe place, right? That you're not in the same environment you were in, when I speak to veterans, so I speak to veterans about guns, many of them will say, but it's my house, and I'm going to have that gun for protection. That's not, you know, I understand that I totally get that. The conversation is I am a gun owner now. Because I want to protect my home and protect my family. And I have no problem with that whatsoever. My question is, how do we get how do we have the conversation about the difference between when- Or is there a difference between the the- experiences you had when you were deployed and the use of the weapon when you're in service? And kind of this idea that Chris was talking about the ideas that you all are talking about how things have changed for you now? And how do we have that conversation with veterans about somebody saying, somebody's saying that I need to have a weapon in each room, or I need to have one always at the ready, that kind of conversation? Because we're talking about safe storage and I as a civilian come and are talking about safe storage, it's not always received well, this is a long way of saying, I hear different messages from you because of your different experience.

I would love to hear how you think of all of those things. The difference between your firearm when you were active duty, the difference between your firearm as a veteran and what that conversation feels like with other veterans? It's a big question. But I'd love to hear anybody talk about that.

S

Shay DeBarr 23:31

To your point, Mr. Bonar i It's everyone I know especially a retired Marine veteran, owning a gun a lot of us make it something when you retire, you know, and it's something that a friend of mine had just recently retired, you know, sargeant major, and we go visit them, you know, move to Arizona and buy a new home. And you know, how Arizona is a lovely haven for someone like myself who loves to shoot, but it just to see it, and to see new you know, where you can you have time and you can now devote to going and purchasing new things and add ons. And, you know, it's just interesting, something that Sean had mentioned earlier about too of the traveling I had mentioned, and I think it may have been to JJ in one of our conversations about the moving with a safe, you know, when you're in the military to get a safe, and that adds on weight to your max capacity for a move. That's something most, when you're in you're like I'm not buying a safe, I would just get it and put it in a locked box or you put it in a case, a case with a lock. And then at some point, I think when you get a little older and you realize or maybe you experience things, you see things happening on the news, your mindset changes because I know I think a lot differently. Had you told me when I was in my 20s that well you need to lock that up. I may not have said anything smart to you but in my mind like you don't tell me what to do. I you don't think you're not gonna say it out loud. But when you become older You know, you do see things a little bit differently. And you, your expectations are different, too. I mean, you never know what someone's mindset is when you walk in their home, or they never know what yours is. And you know, if I walk into Sean's home, or Charles, and he's my good friend, you know, I've been in his house a million times, what if I'm having a bad day? What if I'm having a bad year? What if I'm having a bad anything, and I know that he keeps that, you know, I saw it, I held your gun before, because you showed it to me when it was new, and you just got it, and you got it engraved, but I know where it's at what's to stop me from going to get it? If that is the day that I choose to do what I'm going to, you know, what I'm thinking of doing, and if it's locked somewhere, and I can't get to it, that you know, and then that's just one scenario. But that was a big thing. And now I noticed all my friends, my veterans, my brothers, you know, everybody, we keep them locked away.

S

Sean McDaniel 25:54

And I think, when you do transition out, and, you know, we've all talked about the training we received and how intense it can be sometimes. I know, Syria was a little interesting for me, but you know, but that's just the reality of the situation, you're not in that place anymore. I know, for me, when we talk about safe storage, like, there's some really cool devices out there. Like, when I talk about that with my friends, it's like, Hey, I've got this coffee table that can come up, and I can put my weapons there. And it's really cool. And it's very James Bond-ish. And then it's like, okay, hey, what if you put a lock on that? Or what if you just put a fingerprint, just one more step, and you can have this really cool thing and still be proud of it. But you're also protecting your entire family. And yourself. So-

C

Chris Jachimiec 26:45

You know Sean you touched on some of the good there is realizing that, you know, the threat is that's what it is we talked about that is the threat being in our own home. And, you know, the home should be in a safe environment. But transition can create an unsafe environment. Because, you know, as you're transitioning out of the military, you know, you're losing meaning and purpose, that may be the most

important time in your life, losing a tribe of people that you trusted, that you're going into, yeah, because one of the first things that you know, I experienced in transition is like, you know, day one, you get your DD 214, you retire, you walk out the door, and the majority of your peer group is gone. Like it like in a snap of a finger. As soon as you take that uniform off the people you saw every day, and building trust up with, say, your civilian employer, another veterans group out there, that can take some time, because you're walking in and all the team dynamics, so one of the safest places that can be actually is your home. But for a lot of veterans, it is disrupted because they are moving, they are uncertain about the paycheck, what their VA rating is going to be what job they're going to have. So it's a very difficult time for that. But that's where, you know, that's the economic threat. And everything there is the threat to hope, meaning and purpose, where we should be storing and securing our firearms more than that being like, okay, here I am in this temporary period of uncertainty, let me make sure I protect myself, let me make sure I'm safe. Let me make sure my family safe. And we're gonna figure this out, you know, a lot of all of us have been through a permanent change of station or change of duty locations, when you first get there, like you're just trying to get settled in. And you're taking it as easy as possible, trying to figure everything out, meet up with your teammates. So I would encourage, you know, my veterans that are doing that in transition is to, you know, as they would say, in special operations all the time, you know, slow is smooth, smooth is fast, try to slow things down a little bit, and think and process everything that you're, you're kind of going through there, that's what guides it. So have that mentality in yourself that you are in a protected society in there, despite, you know, things you may see on the media, you try feel as protected as you can in your own home. And part of that includes, you know, safely storing your firearms until they're ready to use for the proper, proper use in the proper environment.



JJ Janflone 29:03

I'm wondering if we can talk about how to have these hard conversations, either from veteran to veteran or as Ted pointed out, you know, from civilian to veteran.



Sean McDaniel 29:13

So I think, to Chris's point earlier, it's about trust, and how do you build that trust, right? A lot, I don't have like numbers on me or anything but transitioning out of the military, the programs that are in active service, and then in the veteran side, most of the successful ones focus around some kind of physical event, some kind of some kind of physical, you know, event where we're struggling together. It brings all of us back to our PT days and having to carry rucksacks and logs and everything else and that that combined suck of you know, whatever you're getting through and it's stuff like that, that will build trust and and I think you know, there is a place for hey, you need to block that up. You need You know, direct communication. But I think slowly building that trust and then maybe talking about best practices that you take yourself, instead of saying, like, you're doing this wrong, you need to do it this way or something, it's more conversation maybe about what you've seen done right, or what you are doing. And that hopefully, that bleeds into better safe storage and better practices. And then, you know, that generates a bigger community a lot more trust,



Chris Jachimiec 30:29

You'll hear a term sometimes in the military, and we've got some good good friends out there that work in the same sector is there's a difference between a doctor and a doc, when you it's a term of endearment is when you call somebody doc, or your medic downrange is that's when you know that trust has been been established, there is like, and I think that's where our counterparts out there is, you know, when I first

worked, I walk in your office, and I'm seeking some mental health care, something, doctor, your whatever letters behind your name, but build that trust up to become doc, to where I can tell you anything. And then that's when you can start having the conversation about the firearms and the trust there. So I've sought care myself, and you know, as a firearms owners I had to, and I was actually real offended when that was like, literally part of the intake form is Do you own this? And like, well, we got to, for you to continue treatment, we have to have you turn these over. Otherwise, we're barring you from treatment, we're not having you there. I was like, well, then I don't want to be treated at this facility. Let me find somebody else who's going to go with that. But it took a individual that I trusted, and I said, Hey, you know, like, I really do need this treatment, you mind holding on to the, you know, firearms from me for a little bit? And that person was like, Yeah, not a big deal. Like, they'll be here. Where's your lock? What do you have? What do you need for it, where's it gonna be at and that person that I trusted held on to it until we mutually agreed that I was ready to receive that back. And so we still can maintain that mutual respect and mutual relationship to this day because I could confide in that person that hey, this is probably the best thing for for me. That person agrees like, yeah, this probably is the best thing for you. And that was a relationship built on, on on trust. So those who are out there in the field, don't go after it right away. You know, it may come up as part of the discussion. Obviously veterans, you're going to know that that that it's there, but build up trust in that report. Don't talk about it right away. Become doc instead of Doctor.



JJ Janflone 32:30

Well, and all of that is phenomenal advice and definitely something I think, you know, I can't think of a better note to end the podcast on just for all of us to go out there and and try to be Doc's as much as we can be. So thank you all so so much for coming on. And let's go be docs! Hey, want to share with the podcast? Listeners can now get in touch with us here at Red, Blue, and Brady via phone or text message! Simply call or text us at (480) 744-3452 with your thoughts, questions, concerns, ideas, whatever! Kelly and I are standing by.



Kelly Sampson 33:04

Thanks for listening. As always, Brady's lifesaving work in congress, the courts, and communities across the country is made possible thanks to you. For more information on Brady, or how to get involved in the fight against gun violence, please like and subscribe to the podcast, get in touch with us at bradyunited.org, or on social @bradybuzz. Be brave, and remember: take action, not sides.